City of Dublin
RECREATION SERVICES

Vegetarian Lifestyle 101

Vegetarian Lifestyle 101

Ever wonder about vegetarianism or thinking about becoming a vegetarian? This course will teach you the history, benefits and types of vegetarians. Gain tips and advice on how to transition to a vegetarian lifestyle. Participants will walk away with recipe ideas and will receive a cooking demonstration by the instructor; Cindy Gordon.

Vegetarian Lifestyle 101

- What is a vegetarian lifestyle?
- History and reasons for vegetarianism
- Benefits of vegetarianism
- Types of vegetarians
- Vegetarian Myths
- Tips for transitioning to vegetarianism
- Label reading- hidden meat sources
- Stocking your vegetarian pantry
- Exploring vegetarian protein sources

Vegetarian Lifestyle 101 Course Information

- **Class:** 244123.01
- **Dates:** Tuesday, May 12, 2015
- **Time:** 6 – 8 pm
- **Location:** Talla 3 and DCRC Kitchen, Dublin Community Recreation Center (5600 Post Road, Dublin, OH 43017)
- **Price:** $42 for City Residents, $52 for School District Residents and Non-Residents
- **To Register:** http://dublinohiousa.gov/recreation-services/online-registration/ or call 614.410.4550

- **Class:** 344123.01
- **Dates:** Saturday, July 25, 2015
- **Time:** 9 – 11 am
- **Location:** Talla 3 and DCRC Kitchen, Dublin Community Recreation Center (5600 Post Road, Dublin, OH 43017)
- **Price:** $42 for City Residents, $52 for School District Residents and Non-Residents
- **To Register:** http://dublinohiousa.gov/recreation-services/online-registration/ or call 614.410.4550

Vegetarian Lifestyle 101

Meet the Vegetarian Lifestyle 101 instructor Cindy Gordon

Cindy Gordon is the owner and author of Vegetarian Mamma and is a foodie who loves to blog about gluten free vegetarian/vegan recipes. Her family also focuses on foods that are peanut, tree nut, dairy and gluten free. Cindy's family is dedicated to finding/creating recipes and products that fit their family's allergy needs. Cindy resides in Ohio with her husband and two boys. She enjoys spending time with her family, the outdoors, gardening, wine and cooking.